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HAPPY NEW YEAR

ARF Update



ARF NEWS

Second ARF Incentive Round Complete!

Thank you to everyone who sent in point cards for the second six-week period of ARF! We received approximately 300 more cards this round and hope to receive many more this month! The next ARF period ends on January 14. **You will need to send in your point cards NO LATER than January 21.** Incentives will be mailed out January 26.



ARF Getting Kids Active, Building Character

From Amber D. Nutter, Supervising Teacher of Riley Ram Club, Riley Elementary, Lincoln, Nebraska

I have found ARF to be very beneficial at Riley's Community Learning Center. Not only are the kids being active, they are learning about teamwork, too. I have been letting the kids pick their own games and they have done a great job. I found out who my true leaders are. I am very impressed with the teamwork and cooperation that has been happening as a result of participating in ARF. I have also noticed the kids are being more active during free play time.

Resolve to promote physical activity in the New Year

It's a new year and many of us have a list of resolutions and goals we would like to uphold in the months ahead. Did you remember to include "be an awesome role model for physical activity" on yours? In 2004, media

headlines helped us become more aware of the physical inactivity and obesity issues facing the state and nation. How exciting that many answered the headlines with **ACTION!**

For those of you who are on your way with implementing the ARF Movement, great job and keep up the good work! Share your success stories and tell others how easy it can be to fit 60 minutes of activity in to each day. *If you are still facing barriers and need help getting ARF off the ground in your community, please let Michelle or your Area Coordinator know! As this is the very first year of ARF, we need your help in identifying ways to make it more user-friendly and fun! Let us know what we can do for YOU.*

WHAT'S HAPPENING?

In Nebraska & Across the Nation

Brain Activity, Energy Balance, & Movement Workshop Featuring YogaKids

This interactive half-day workshop will equip participants with the tools necessary to increase student learning and physical activity in fun, innovative, positive ways within the general education and physical education classrooms (pre-K through high school level learners), recreational settings, and health/wellness professions.

Facilitators will provide 2 ½ hours of hands-on, comprehensive training in an active learning environment that will send professionals away with the skills necessary to implement training components into their own curriculum or setting.

The final 90 minutes of the workshop will feature Judy Olivetti, one

of two certified facilitators for YogaKids in Nebraska.



YogaKids is a unique approach to integrative learning using yoga as a pathway for youth ages 3-16. Reading, storytelling, music, creative arts and earth care blend seamlessly with yoga movement to educate the "whole" child. The YogaKids curriculum provides children with an exciting new way to explore and appreciate their academic and creative potential.

Workshop participants will participate in the class while learning how to facilitate curriculum to children. Children, in turn, will learn invaluable skills that set the groundwork for meeting challenges and growing strong physically, mentally and emotionally, cultivating self-esteem for a lifetime of successful achievement.

Two sites, two dates!
ESU #15
Trenton, NE
February 24, 2005
8:00AM-1: 00PM

For more information on YogaKids,
log on to www.yogakids.com

Workshop Provided by: NAHPERD;
NDE, P.E. and Health Section; and
the ARF Movement

For more information, contact
Kimberly Barrett: (402) 471-1045,
kimberly.barrett@hhss.ne.gov

Burden Report & State Plan to Be Released

In the next few months, the Nebraska Cardiovascular Health Program will be releasing two major documents. The *Burden Report of Cardiovascular Disease* will identify areas for the Nebraska CVH Program to focus programmatic activities, provide support for the development of a comprehensive cardiovascular disease state plan, and to increase CVD awareness among key decision makers in Nebraska that will result in increased

attention and funding. Another purpose is to provide data that will identify highest-risk populations and identify opportunities for intervention.

This report will contain Nebraska data on CVD mortality, hospitalization and medical procedures, drug prescriptions, risk factors, and barriers to primary and secondary CVD prevention. In addition, this report will identify gaps in the available CVD data. It is hoped that this will help guide future data collection decisions.

The State Plan for Physical Activity and Nutrition to Prevent Obesity and Other Chronic Diseases will feature objectives and strategies specifically targeting youth in Nebraska. The major focus is to increase supports for daily physical activity and healthy eating within Nebraska schools and childcare facilities. Objectives include:

- ✓ Increase the number of schools implementing age-appropriate K-12 curricula and opportunities designed to promote lifelong healthful nutrition and daily physical activity among students.
- ✓ Increase the number of school policies for healthy food choices in vending machines, lunch programs, classroom rewards and fundraisers.
- ✓ Increase the number of school districts providing quality school-based daily physical education.
- ✓ Create environments that are safer and more supportive for Nebraska students to walk and bike to school.
- ✓ Increase the number of after school programs addressing healthful nutrition and lifelong physical activity.
- ✓ Increase the number of childcare facilities that have policies for daily physical activity and healthy eating.



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*For more information
or to obtain copies of
these reports, contact*



Looking for an idea to incorporate into the ARF Movement and motivate your kids to be more active this year? N-Lighten Kids is a brand new three-month competition designed to teach kids about the importance of being physically active and making fitness fun (the same goals as ARF)! N-Lighten Kids is completely **FREE**, will run from **February 1 – May 1** and is based on accumulated physical activity. Every 15 minutes of activity is worth one point and teams that average 100 points per team member during the three months have a chance to win one of several \$500 awards for their school or organization!

Just think- your kids can count their physical activity time for both ARF and N-Lighten! The kids are rewarded individually through ARF and your entire school or organization can be rewarded by N-Lighten! In light of this compatibility, ARF has agreed to partner with N-Lighten Kids and our February, March, April, and May Activity Calendars will feature N-Lighten Kids updates and ideas.

How do you get involved?

- ☐ Organize a team of 10-30 members.
- ☐ Choose a team name.
- ☐ Register online at: **www.n-lightenkids.com** or
- ☐ Team captain (must be an adult!) should fill out the entry form, make a copy for his or her records and mail or fax the form to the address and fax number on entry form page.
- ☐ There is **NO** entry fee and team captains will receive a packet including nutrition and activity tips, a wall chart, and a listing of nutrition and activity resources.

Attention schools!

Celebrate N-Lighten Kids DAY. This is a one-day event taking place in Nebraska schools on **Wednesday, May 11, 2005** in celebration of National Fitness month. Plan a 30-minute segment of consecutive aerobic activity with 100 percent of your school

participating. Think of it as a 30-minute recess during which every child in the school is jumping, running, walking or performing some other physical activity.

A coordinator from each school plans and organizes an activity, registers for the event and at the conclusion, reports back the number of students that participated.

Be creative when planning the activity. It can be anything: neighborhood walk, track and field day, community cleanup, obstacle course or dancing. **The key idea is to teach that being physically active is fun.**

Each school that achieves 100 percent participation will be entered into a drawing to win one of five monetary awards. The five winning schools will be drawn on Friday, May 13, 2005.

N-Lighten Kids Day is as easy as 1-2-3!

1. Register online by Monday, May 9, 2005.
2. Perform 30 minutes or more of continuous physical activity on Wednesday, May 11, 2005.
3. Report your activity at www.n-lightenkids.com

Please Note: If you are a coordinator for the three-month program N-Lighten Kids, you must complete the N-Lighten Kids Day entry form to participate in the May 11th event. N-Lighten Kids Day requires 100% participation of the entire school.

FOR MORE INFORMATION, log on to www.n-lightennebraska.com or www.n-lightenkids.com. Call 402-471-2544 or 1-800-304-2637



The theme for this year's NGWSD is "More Than a Game". What a great opportunity for you to encourage the females in your life to get active through organized sporting activities! This event is celebrated in all 50 states with community-based events, award ceremonies, and activities honoring

achievements and encouraging girls and women to embrace athleticism.

NGWSD began in 1987 as a day to remember Olympic volleyball player Flo Hyman for her athletic achievements and her work to assure equality for women's sports. Hyman died of Marfan's Syndrome in 1986 while competing in a volleyball tournament in Japan. Since that time, NGWSD has evolved into a day to acknowledge the past and recognize current sports achievements, the positive influence of sports participation, and the continuing struggle for equality and access for women in sports.

NGWSD is jointly organized by the National Girls and Women in Sport Coalition. For more information about the event, check out:

www.aahperd.org/ngwsdcentral/

On the local level, you can get involved by participating in *Nebraska Girls and Women in Sports and Fitness* activities. A FREE sports clinic hosted by the University of Nebraska and Nebraska Wesleyan basketball teams will be held on **February 5 from 8:00-11:30 a.m.** at UNL Campus Recreation. An awards banquet will also be held on **February 12 from 11:30 a.m. – 1:30 p.m.** in the UNL East Campus Union to recognize several amazing girls and women. Tickets can be purchased for \$12.50. You can also make a donation to the planning committee to help defray ticket costs for recognized achievers.

To order tickets, make a donation, or learn more about the event and how to nominate award winners for next year contact:

Vicki D. Highstreet

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Grant Opportunity

Grants for Youth Nutrition and Fitness Programs

The General Mills Champions Youth Nutrition and Fitness Initiative will

award grants to community-based groups that develop creative programs to help youth (ages two to 20) adopt a balanced diet and physically active lifestyle. Grants will be awarded to programs that demonstrate significant potential impact on youth groups that are at-risk or that have an impact on large populations of youth. **Completed proposals must be received no later than February 1, 2005.**

www.generalmills.com/corporate/commitment/champions.aspx.

PHYSICAL ACTIVITY IDEA CORNER

Playin' in a Winter Wonderland

Snowman Tag

Materials needed:

Two blue scarves,
two yellow scarves.

How to play:

Two players wear blue scarves, representing "snowflakes" and two players wear yellow scarves, representing the "sunshine." The players wearing the blue scarves are "it," and the players wearing the yellow scarves are "unfreezers." On the whistle, the leader calls out a locomotor skill, (for example: skip, gallop, hop, jump, or side step) for the players to perform. The players who are wearing the blue scarves try to tag the others. When tagged, the player must stand with their hands out to their sides (fingers spread) like a snowman. It's the job of the players who are wearing the yellow scarves to unfreeze or "melt" the players who are frozen. The players wearing blue scarves cannot tag the players who are wearing the yellow scarves. Rotate "snowflakes" and the "sunshine" often.

- Adapted from P.E. Central



Bundle up for snow play

Create angels. Make a "snow family" – with a pet. Go sledding. Climb a snow mountain. Make paths through the snow.

Take a nature hike

Try wearing snow shoes and look for animal tracks in the snow.

Decorate an outdoor tree

Hang apples, pinecones rolled in peanut butter, or popcorn strings- all great treats for birds!

- Nibbles for Health 38, Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service, *Let's Move... Cold Weather Fun*
www.fns.usda.gov/tn/Resources/Nibbles/lets_cold.pdf

Play it Safe In Cold Weather

- Think like an onion. Dress in layers to protect yourself from frostbite and hypothermia. Layering allows you to put on or take off clothing as your body temperature changes. Wear clothes made of synthetic materials that keep moisture away from your skin. Avoid wearing cotton garments. You perspire while outdoors and cotton holds moisture next to the skin.
- Always wear a hat. Up to 90% of your body heat is lost through your head. Wear gloves or mittens and insulated, waterproof boots.
- Slather on the sunscreen and lip balm, even on cloudy days. UV rays reflect off the snow and can quickly give you a sunburn.
- Sunglasses or goggles with tinted lenses not only protect your eyes but also help you see dips and bumps in the snow on not-so-bright days.
- Remove your earrings (especially steel posts) before you pursue a winter sport. Metal posts make your ears feel colder.
- Hockey players need a ton of protective equipment. Never take to the ice without shin guards, gloves, a helmet and mask, shoulder pads, elbow pads, and an athletic supporter.
- Double-check that all your equipment - helmet, skis, skates,



poles, sleds, whatever - is in good condition. Look for any broken straps or cracks in the material.

- Don't chew gum or carry sharp objects in your pockets while skating.
- Use only skis and snowboards that have safety straps. The straps (sometimes called leashes) attach the ski or board to your leg to stop it from sliding away from you. Beginning boarders might also check out snowboard pants that have extra padding on the knees and rear end.
- Regardless of how you get down a snow-covered slope, always watch for obstacles such as rocks and tree branches.
- Stay visible. Winter brings shorter days and sunshine can quickly fade in the afternoon. Runners should wear reflective clothing and carry a flashlight that swings while moving.
- *Cold Weather Sports*
www.kidshealth.org

Adaptive Activity – Goalball

Goalball is a team sport played exclusively by the visually impaired. The object of the game is to roll a ball that contains bells past the opposing team. There are two teams of 3 players which alternate rolling and defending.



The offensive team rolls the ball in a manner that is either hard or soft, depending upon player style, in an attempt to get the ball past the opposing three players. The defensive team listens for the approach of the ball and attempts to prevent or block the ball from crossing the line. The ball is rolled back and forth with the offensive and defensive team alternating until time expires for the half. The game is played in two five or seven-minute periods and the team with the most points wins.

Special equipment - Clothing, gym shirt, shorts or sweats, a goalball,

blindfolds (to include non vision-impaired players as well as those with partial vision), set of goals (not mandatory), tape for special markings on the floor.

Goalball equipment can be purchased through United States Association of Blind Athletes (USABA).
www.usaba.org/#

Give kids activities to do at home!

Each month Sneaks will provide you with an ARF Activity Calendar chalked full of activity ideas. Challenge your kids to complete 80% of the activities. Think of fun, no-cost ways to celebrate their success. (Pick a silly-style theme and encourage everyone who completes the challenge to dress up!)

Setting and KEEPING Physical Activity Resolutions

In our culture, many things are measured and marked in terms of time. That is why we often plan on revamping our lives every time we take down an old calendar and hang up a new. Although it is a good idea to set and adhere to goals all throughout the year, there is no time like the present for youth and adults alike to pursue a healthier lifestyle. Setting and achieving goals as a family can bring people together. Kids also learn important life skills such as time management, responsibility, and decision-making through the goal setting process. Here are a few tips on how to get moving and keep moving all through 2005:



- ❖ **Be “SMART”** - make your goals Specific, Measurable, Achievable, Relevant, and Timely. Instead of saying that you “want to be more active”, be specific and say that you “want to accumulate 60 minutes of moderate to vigorous activity on at least five days of the week”. **Put it in writing.** Write your SMART goal on paper and post it where you

Important Dates!

January 16-22, 2005

Healthy Weight Week

Stay dedicated to that New Year goal to achieve a healthy lifestyle!

January 21

A new ARF incentive period begins. If you have not started participating in the Movement yet, this would be a great time to join the fun!

This is also the deadline for mailing in point cards from the previous 6-week period.

February

American Heart Month

February 4

Nebraska Girls & Women in Sports & Fitness Basketball Clinic p. 3

February 9

Nat'l Girls & Women in Sports Day
www.aahperd.org/ngwsdcentral/

February 12

Nebraska Girls & Women in Sports & Fitness Awards Banquet p. 3

February 1-May 1, 2005

N-Lighten Nebraska for Kids
See pp. 2-3

February 1 – June 1, 2005

N-Lighten Nebraska for adults

February 24, 2005

Brain Activity, Energy Balance, and Movement Workshops... Featuring YogaKids. See pp. 1-2

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NOTE NEW E-MAIL ADDRESS!

(402) 471-0505

constantly be reminded about what you are working for.

- ❖ **Develop an action plan.** Goals seem much more “doable” when they are broken down into steps and put into a timeline. Crossing small achievements off your list also fosters a sense of accomplishment.
- ❖ **Find a buddy.** Having someone to workout with you or at least check in on you from time to time helps keep you motivated and accountable.
- ❖ **Be flexible.** Remember that life can throw curves from time to time. Don't let minor set backs get you down- think of how far you have come and get back on track as soon as possible.
- ❖ **Celebrate!** Don't forget to reward yourself for achievements-even small ones! Reaching a goal is not easy and you should be proud of your commitment.

Adapted from

University of Houston News Release,
When It Comes to New Year's Resolutions, Play It 'Smart',
www.uh.edu/admin/media/newsroom

HHSS Substance Abuse and Mental Health Services Administration (SAMHSA), *Set Healthy Goals and Help Your Child Do the Same,*
<http://family.samhsa.gov/be/goals.aspx>

To utilize a **FREE** electronic goal-setting tool, join America on the Move at www.americaonthemove.org

It's not just an action, it's a lifestyle



The keys to helping your kids stick to New Year's goals are to model a physically-active lifestyle and provide an environment that is conducive to movement.

Here are a few tips from VERB:

Walk and Talk. Instead of sitting at the table to do homework, take a walk with your child while practicing spelling

words, multiplication tables or geography facts.

Household Jobs. Encourage responsibility and home maintenance skills by having your children help vacuum, scrub floors, mow the lawn, walk the dog, wash the car and more.

Indoor Fun. Designate a space where kids can roll, climb, jump, dance and tumble. Garages-without cars-can become an activity zone on rainy or snowy days.

Traveling Locker Room. Stash a box in the family car that holds balls, glove, a jump rope, Frisbee, kite, etc. You'll always be ready for fun.

To download this and other VERB brochures, visit

www.cdc.gov/healthyyouth/physicalactivity/brochures/parent.htm

Free Evaluation Tool For P.E. Teachers

Need to rate a student's behavior, participation, etc. in an elementary physical education class? Check out SOFIT (System for Observing Fitness Instruction Time) and SOPLAY (System for Observing Play and Leisure Activity in Youth) instruments. They are free and available on the website of Dr. James S. Sallis of San Diego State University:
<http://www.drjamesallis.sdsu.edu/>

FOOD & NUTRITION

Holly Dingman has put together the nutrition information for this newsletter (attached) that you can use in your curriculum or home...

This month's feature – the Food Guide Pyramid and Plate Portions!
For more information, contact Holly at (402) 471-2101 or holly.dingman@hhss.ne.gov.